

## **DISTRICT K LEGION 2025**

### **Under 10- Grade 2 and 3 students (Born in 2016, 2017)**

Events (Boys and Girls)	60m	Long Jump (Floating Board)
	200m	Vertical Jump
		Chest Push (1kg)
		Turbo Javelin 300g

### **Under 12- Grade 4 and 5 students (Born in 2014 and 2015)**

Events (Boys and Girls)	60m	Long Jump (Floating Board)
	200m	Vertical Jump
	600m	Chest Push (1Kg)
		Turbo Javelin 300g

### **Under 14- Grade 6 and 7 students (Born in 2012 and 2013)**

Events (Boys and Girls)	80m	Long Jump
	300m	High Jump
	800m	Shot Put (Girls 3 KG –Boys 4KG)
	1200m	Discus (1kg)
	200m hurdles	Turbo Javelin 300g
	60m hurdles 60cm	4x100m
	4x100m	

### **Under 16- Grade 8 and 9 students (Born in 2010 and 2011)**

Events (Boys and Girls)	100m	High Jump
	200m	Long Jump
	300m	Triple Jump
	800m	Discus (1kg)
	1200m	Shot Put (Girls 3 KG –Boys 4KG)
	2000m	Javelin (Girls 500g –Boys 600g)
	80m Hurdles (Girls)	Pole Vault
	100m Hurdles (Boys)	200m Hurdles
	1500m Steeple	4x100m
	1500m walk	

### **U18- Grade 10 and 11 students (Born in 2008 and 2009)**

Events (Boys and Girls)	100m	High Jump
	200m	Long Jump
	400m	Triple Jump
	800m	Discus (Girls 1KG – Boys 1.5 KG)
	1500m	Shot Put (Girls 3 KG –Boys 5 KG)
	3000m	Javelin (Girls 700g –Boys 500g)
	100m Hurdles (Girls)	Pole Vault
	110m Hurdles (Boys)	400m Hurdles
	2000m Steeple	4x100m
	3000m walk	